



Burke West Springfield Senior Center Without Walls Spring 2013 Session

The **Burke/West Springfield Senior Center Without Walls** (CWoW) had another great session this past Fall. We look forward to bringing you the same great fitness and social programs for the Spring of 2013.

The Spring Session!

Please take a look at the Spring Session Class Offerings and register by following the rules below.

Registration:

1. Begins **April 23rd**; **no registrations will be accepted before 9am on this date.**
2. Registrants who **WALK-IN** will **NOT** receive confirmation through the mail. Your receipt is your confirmation.
3. **Registrations** received after **May 1st** will receive phone call confirmation. **If no phone call is received, the registrant is placed on the Waitlist.**
4. **With the exception of the Novice Line Dance Class, all Line Dance Classes and ZUMBA classes are open enrollment and Rule #2 (above) does not apply.**
5. Classes are filled on a **First-Come – First-Served Basis.**
6. Each class costs \$5.00 per 8-week session for residents of Fairfax County, \$10.00 for non-residents (except where indicated).
7. **Only in-person or mailed registrations will be accepted.** No emailed registrations will be allowed.
8. In cases where two Sections of classes are being offered (with the exception of Line Dancing and ZUMBA), participants will only be allowed to register for one Section. On your registration form, please indicate which Section you prefer by placing a 1 in your first choice and a 2 in your second choice of Sections.
9. If classes become full, your registration will be placed on a Waitlist. Waitlisted participants will be filled on a first-come – first-served basis.
10. Complete entire registration form – **PLEASE PRINT LEGIBLY!**
11. Checks should be made out to **NCS.**
12. **Classes begin the Week of April 29th and end the week of June 17th (unless otherwise noted).**

Return completed form to:

Burke/West Springfield CWoW
c/o David R. Pinn Community Center
10225 Zion Dr. Fairfax, VA 22032

For Questions or comments please call 703-250-9181

About the Center Without Walls

Fairfax County's Burke/West Springfield Senior Center Without Walls is an exciting public-private partnership among the residents of Burke, West Springfield, Fairfax Station, local businesses, places of worship and Fairfax County Government. It was created to provide a variety of programs, activities and services to older adults in this community.

Questions or Comments, please call: 703-250-9181 or email: burkewestspringfieldcwow@fairfaxcounty.gov

Weather Policy: If Fairfax County Public Schools are closed or delayed for weather, Center Without Walls classes will be cancelled for the day.

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Tuesday Yoga

This class offers participants the opportunity to learn basic Yoga postures while building strength and increasing endurance and flexibility. Always wanted to try Yoga? This is the class for you. Bring a mat and wear loose comfortable clothes.

Instructor: Janet Guzzano
Location: Oaks Community Center
5708 Oak Leather Dr., Burke 22015
Dates: Tuesdays, 4/30 – 6/18
Time: 10:30am – 11:30am

Wednesday Yoga

This class offers participants the opportunity to learn basic Yoga postures while building strength and increasing endurance and flexibility. Always wanted to try Yoga? This is the class for you. Bring a mat and wear loose comfortable clothes.

Instructor: Janet Guzzano
Location: Oaks Community Center
5708 Oak Leather Dr., Burke 22015
Dates: Wednesdays, 5/1 – 6/19
No Class 5/8
Time: 10:30am – 11:30am

Friday Yoga

This class offers participants the opportunity to learn basic Yoga postures while building strength and increasing endurance and flexibility. Always wanted to try Yoga? This is the class for you. Bring a mat and wear loose comfortable clothes.

Instructor: Janet Guzzano
Location: Oaks Community Center
5708 Oak Leather Dr., Burke 22015
Dates: Fridays, 5/3 – 6/21
No Class 6/14
Time: 10:30am – 11:30am

Tai Chi Exploration Section I

Relax, have fun, increase flexibility and maintain health through breathing and the gentle movements of Tai Chi, Chi Kung and Yoga.

Instructor: Hedi Kamai/Kris Brinker
Location: Woods Community Center
10100 Wards Grove Cr., Burke 22015
Dates: Wednesdays, 5/1 – 6/19
Time: 1pm – 2pm

Tai Chi Exploration Section II

This section builds upon the beginning Tai Chi and adds new movements and techniques. Recommended for students who have previously enrolled in Tai Chi.

Instructor: Hedi Kamai/Kris Brinker
Location: Woods Community Center
10100 Wards Grove Cr., Burke 22015
Dates: Wednesdays, 5/1 – 6/19
Time: 2pm – 3pm

Tuesday Line Dance Club (All Levels)

All abilities are welcome to this fast-paced Line Dance Club. Under Susie's spectacular guidance, participants will get the dancing workout of a lifetime.

Instructor: Susie Thomas
Location: Durga Temple
8400 Durga Pl., Fairfax Station, 22039
Dates: Tuesdays 4/30 – 6/18
Time: 10am – 12pm

Friday Line Dance Club (All Levels)

All abilities are welcome to this fast-paced Line Dance Club. Under Susie's spectacular guidance, participants will get the dancing workout of a lifetime.

Instructor: Susie Thomas
Location: Durga Temple
8400 Durga Pl., Fairfax Station, 22039
Dates: Fridays, 5/3 – 6/21
Time: 10:15am – 12pm

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Thursday Line Dance Club

Everyone is welcome to this fast-paced Line Dance Club and beginners are highly encouraged. Under Cathy's spectacular guidance, participants will get the dancing workout of a lifetime.

Instructor: Cathy Byon

Location: Abiding Presence Lutheran Church
6304 Lee Chapel Rd., Burke 22015

Dates: Thursdays, 5/2 – 6/20

Time: 10am – 12pm

Saturday Line Dance Club

Everyone is welcome to this fast-paced Line Dance Club and beginners are highly encouraged. Under Cathy's spectacular guidance, participants will get the dancing workout of a lifetime.

Instructor: Cathy Byon

Location: Irving Middle School
8100 Old Keene Mill Rd., Springfield 22152

Dates: Saturdays, 5/4 – 6/22

Time: 10am – 12pm

Basic Beginners Thursday Line Dance

This Class is suitable for those newcomers who have little or no prior line dancing experience. The emphasis is on learning, having fun, and acquiring knowledge of basic line dancing steps and patterns.

Instructor: Jackie Schroeder

Location: Burke United Methodist Church
6200 Burke Centre Parkway, Burke, 22015

Dates: Thursdays, 5/2 – 6/20

Time: 1:15pm – 2:15pm

Experienced Beginners Line Dance

This Class builds on the Basic Beginner class and is designed to provide additional age-appropriate line dancing skills. The emphasis continues to be on having fun, enjoying new steps and dances, as well as staying active.

Instructor: Jackie Schroeder

Location: Burke United Methodist Church
6200 Burke Centre Parkway, Burke, 22015

Dates: Thursdays, 5/2 – 6/20

Time: 2:30 pm – 3:30pm

Self – Defense for Seniors

This introductory class to the basics of self-defense is fun and engaging. Participants will focus on strength and coordination.

Instructor: Jim Harrison

Location: Woods Community Center
10100 Wards Grove Cr., Burke 22015

Dates: Tuesdays, 4/30 – 6/18

Time: 12:30pm – 1:30pm

Square Dancing

Come and enjoy the time-honored tradition of square dancing. Along with a light workout, participants will learn steps and calls common in square dancing.

Instructor: Butch Adams

Location: Greenspring Retirement Center
7410 Spring Village Dr., Springfield 22150

Date: Tuesdays, on-going (no registration needed)

Time: 1:30pm – 3pm

Hula Dancing

This beginner- to intermediate-level class will focus on basic foot and hand movements integrated into simple choreography. A fun and low-impact exercise!

Instructor: Vivian Takafuji

Location: Ekoji Buddhist Temple
6500 Lakehaven Ln., Fairfax Station 22039

Dates: Wednesdays, 5/1 – 6/19

Time: 10am – 11:30am

Tuesday Zumba

Zumba Fitness® program is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward a healthier lifestyle.

Instructor: Gail Browne

Location: Seoul Presbyterian Church
6428 Ox Rd., Fairfax Station 22039

Dates: Tuesdays, 4/30 – 6/18

Time: 12:30pm – 1:30pm

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Thursday Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba Fitness® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward a healthier lifestyle.

Instructor: Gail Browne
Location: Seoul Presbyterian Church
6428 Ox Rd., Fairfax Station 22039
Dates: Thursdays, 5/2 – 6/20
Time: 12:30pm – 1:30pm

Walking Club

Join us in a walk/run in the Burke area. Wear running/walking shoes and comfortable clothing suitable for outdoor activity. Each class meets at the Potomac River Running Store.

Locations: Varies by Day (see below)

Mondays: Lake Royal (Lakeside Park entrance at Bronte and Pommeroy Dr.)

Thursdays: Potomac River Running Store
5715 Burke Center Pkwy, Burke 22015

Dates: Continuous (no registration required)

Time: 8am

For more information contact
Jerry Cantor: 703-342-6810

Ballroom Dancing

This dance class meets the needs of beginners to advanced intermediate. Class introduces and practices all dance types including Waltz, Foxtrot, Tango, Rumba, Cha-cha and East Coast Swing, etc.

Instructor: Adam Whitley
Location: Calvary Hill Baptist Church
9301 Little River Turnpike, Fairfax 22031
Dates: Tuesdays, 4/30 – 6/18
Time: 2pm – 3:30pm

Mah Jong Group

Join past CWoW class members in the American Style of Mah Jong. Some prior experience is recommended but everyone is welcome.

Location: Pinn Community Center
10225 Zion Dr., Fairfax, 2203
Dates: Tuesdays (no registration needed)
Time: 10:30am – 1:30pm

Eclectic Readers of CWoW

A book club for casual people, the eclectic readers is a no-registration-required program sponsored by the CWoW Advisory Council. Calendar of reading selections can be found at:
<http://fairfaxstories.community.officelive.com/BWSSCWoWGenealogyClub.aspx>

For more information contact
Cora Foley: corazonfoley@yahoo.com

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2013 Spring Center Without Walls Registration Form

Last Name: _____ First Name: _____

Phone (primary): _____

Address: _____

City _____ State _____ Zip _____
_____/_____/_____

Email: _____

Emergency Contact: _____
(Name) (Phone)

How would you like to receive our Flier in the future? ☐ email ☐ postal service

Photo Release: By signing this form, I give permission to be photographed and/or videotaped by NCS or the media for use in publicizing NCS programs and services.

Registration information provided to the Fairfax County Neighborhood and Community Services is public record and as such may be released under the Virginia Freedom of Information Act (VFOIA) unless the participant specifically requests that this information not be released. Check here ☐ if you DO NOT grant NCS permission to release your information.

Liability Waiver: I recognize that there are risks inherent in participating in recreational activities and agree to hold harmless the County of Fairfax, Department of Neighborhood and Community Services (NCS), and their officers, employees, and volunteers from any and all claims for bodily injury and/or property damage that result from my participation in any activity in this pilot program.

Signature _____ Date _____

COST: \$5.00 FOR FAIRFAX COUNTY RESIDENTS, \$10.00 FOR

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NON-RESIDENTS

Payment is accepted in cash, check or money order. **Please make checks payable to Neighborhood and Community Services or NCS.**

Classes missed **Will Not Be Made Up** at a later date.

Place (X) in each class in which you would like to enroll	Class	Date and Time	Fee All classes \$5 County Resident \$10 Out of County
	Tuesday Yoga	Tues 10:30am – 11:30am	
	Wednesday Yoga	Fridays 10:30am – 11:30am	
	Friday Yoga	Weds. 10:30am – 11:30am	
	Tai Chi (Section I)	Wednesdays 1pm – 2pm	
	Tai Chi (Section II)	Wednesdays 2pm – 3pm	
	Tuesday Line Dance Club	Tuesdays 10am – 12pm	
	Friday Line Dance Club	Fridays 10am – 12pm	
	Thursday Line Dance (Beginner)	Thursdays 10am – 12pm	
	Saturday Line Dance (Beginner)	Saturdays 10am – 12pm	
	Thursday Line Dance Basic Beginner	Thursdays 1:30pm – 2:30pm	
	Thursday Line Dance Experienced Beginner	Thursdays 2:30pm -3:30pm	
	Self-Defense	Tuesdays 12:30pm – 1:30pm	
	Hula Dancing	Wednesdays 10am – 11am	
	Tuesday ZUMBA	Tuesdays 12:30pm – 1:30pm	
	Thursday ZUMBA	Thursdays 12:30pm – 1:30pm	
	Ballroom Dancing	Tuesdays 2pm – 3:30pm	

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CWoW Advisory Council

Chairman – Corazon Sandoval Foley Vice-Chairman – Larry Mark
Secretary – Eppie De la Cuesta Treasurer – Sam DiBartolo
Community Liaison – Shirley DiBartolo DNCS Manager – Ned Barnes

Welcome to the Spring 2013 Season (April/May - June 2013) of the Burke/West Springfield Senior Center Without Walls (CWoW). We continue to make wonderful progress as a community of seniors helping seniors in this public-private partnership that officially started with a pilot program in the summer of 2009.

2013 Programs. For the spring season, we look forward to an energetic and joyous set of physical fitness programs of line dancing, tai chi, yoga, square dancing, self-defense, and even hula dancing. We will grow our intellectual/educational/social programs with mah jong, Eclectic Readers book club, and cultural discovery programs with tours of partner organizations, like the Durga Temple and the New Covenant Korean Presbyterian Church, which is housed in a building constructed in 1891 to provide worship and respectful burial for the black community in the time of segregation in our Burke area of Fairfax County. We are also working on partnership with the historic Sydenstricker Schoolhouse originally built in 1902 and rebuilt in 1928 – the last one-room schoolhouse in operation in Fairfax County.

Thanks to our Volunteers. The Burke/West Springfield Senior Center Without Walls (CWoW) has succeeded because of the volunteers from senior participants in our programs who have served as class monitors, registrars, and in many other ways. We thank you and look forward to working with more volunteers in growing our innovative project that has expanded services for seniors in our community during a time of great budget challenges.

Thanks to Our Partners. Our partner organizations have been critical in donating facilities for our programs – and we deeply appreciate their support. We look forward to expanding our partnerships as we develop a strong Community Coalition for Seniors. This started in February 2012 with the leadership of Evan Braff and support of our Fairfax County Board of Supervisors, led by Chairman Sharon Bulova.

Fundraising Partnerships. This year we joined the umbrella group of the Fairfax County Friends of Senior Centers in raising funds to support/expand programs for county seniors. We have established a CWoW bank account to which your donations that are **NOT** tax-deductible are welcome – please write checks to:

“CWoW Advisory Council.”

**HAPPY 2013 AND PLEASE EMAIL ANY SUGGESTIONS FOR CWoW Advisory Council TO
corazonfoley@yahoo.com**

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Be sure to visit our Website @
www.scwow.org

Call for Volunteers

Volunteers can help the Burke/West Springfield Senior Center Without Walls in numerous ways. We are always looking for class monitors, office aids and advocates. Please inquire about volunteer opportunities at

burkewestspringfieldcwow@fairfaxcounty.gov

or drop by the Pinn Community Center and lend us your hand!

Website and Contact

You can always reach the Burke/West Springfield Senior Center Without Walls by any of the following:

Email

burkewestspringfieldcwow@fairfaxcount.gov

Phone 703-250-9181